

## CHAPTER 6

### LIFE AT THE ACADEMY

#### 1. REPORTING TO THE ACADEMY.

a. Arrival. Candidates will need to arrive at the Academy for the first day by 0730 hours for registration and orientation.

b. Attire. Male and female cadets should report to the Academy in appropriate business attire.

(1) Males. Suit (sport coat), tie, dress shoes.

(2) Females. Business suit, dress shoes (skirt, dresses and high heel shoes not recommended).

c. Grooming Standards. As with uniformed employees, cadets shall assume the responsibility of adopting high standards for personal grooming and cleanliness.

(1) Personal Grooming - Male. The following grooming standards are deemed reasonable and shall be the minimum standards for male uniformed employees while in uniform or appropriate civilian attire.

(a) Hair. Shall be neat, clean, trimmed (not shaved), and present a groomed appearance. Hair shall not interfere with the proper wearing of the uniform hat/cap or helmet. Hair shall not extend below the top of the uniform shirt collar while sitting or standing in an erect position. Hair color or style shall not be unusual or bizarre. Hair which is styled or combed forward shall not be lower than the relaxed eyebrow of an individual and shall not be visible on the forehead while the uniform hat/cap or helmet is worn.

(b) Sideburns and Mustaches. Skin shall be clean shaven; however, neatly trimmed sideburns and mustaches are permissible. Sideburns shall not extend below the bottom of the ear and shall end with a clean-shaven horizontal line. The maximum width at the bottom of the sideburns shall not exceed 1 - 1 \_ inches.

Mustaches shall not extend more than   -inch beyond the corners of the mouth nor below the vermilion border of the upper lip, or more than   -inch below the corner of the mouth. Waxed ends or points are prohibited.

(2) Personal Grooming (Females).

(a) Hair. Same standards apply as with male hair grooming. In addition,

1      Decoration(s) shall not be worn in the hair. Hair clips and pins that match the color of the hair are permitted.

2      Hair shall not be worn in a “pony tail” or similar style.

3      Moderate “natural” or other hair styles are permitted in conforming with the hair standards described above; however, the maximum extension from the scalp shall not exceed two inches.

(b) Cosmetics. Cosmetics shall be subdued and blended to match the natural skin color of the individual.

1      False eyelashes are prohibited.

(c) Fingernails. Shall be clean and trimmed. Nails shall not extend beyond the tips of the fingers. Only clear nail polish is permitted.

(d) Brassieres. Brassieres shall provide adequate support.

d. What to Bring. It is imperative that each cadet possesses certain documents and information for the first day processing.

(1)      Driver license

(2)      At least two blank checks, with \$350 to \$500 deposited in the account to cover the checks.

(3)      Social Security Numbers of beneficiaries

(4) Emergency contact information

(5) Vehicle information - license plate number, color, make, and model

e. Other items to bring include: one clock radio, dusting supplies, shoe polishing items, plain white crew neck tee-shirts, a minimum amount of civilian attire, swimsuit, toiletries (prescription medications), boots/shoes (black, all leather), a pair of running shoes and non marking court shoes.

## 2. ACADEMY LIFESTYLE.

a. Live-in Training. The Academy is a live-in training facility. Training day typically begins at 0800 hours and ends at approximately 1700 hours. Cadets are required to remain on the Academy grounds after training hours.

b. Drill. Cadets learn drill procedures necessary to participate in ceremonies and tactical formations.

c. Inspections. To ensure each cadet adheres to the high standards of the department, personnel and dorm inspections are held at various intervals during cadet training.

d. Liberty. Cadets receive liberty on Wednesday nights and weekends, contingent on passing the tests each week and absent any disciplinary actions.

(1) Wednesday - 1700 to 2359 hours

(2) Weekends - 1700 hours Friday to 2359 hours Sunday

e. Meals. Meals are served between 0645 - 0730, 1145 - 1230, and 1700-1730 hours Monday through Saturday, and 0800, 1200, and 1700 hours on Sunday.

(1) The Academy cafeteria provides a variety of prepared foods. Cadets are responsible for choosing meals appropriately. Cadets not meeting the body composition requirements will be placed on the training table and must adhere to a strict diet.

f. Salary/Pay. Cadets receive full salary during the 26-week training period at the Academy. Pay warrants will be issued once a month, after the first of every month. Arrange with creditors and budget your finances accordingly.

g. Medical Care. Medical and dental benefits are provided after the Cadet's first thirty days of training. **NOTE:** Cadets are responsible for any medical costs incurred during the first thirty days of training. Treatment for injuries that cadets suffer as a result of training will be covered by the Department.

h. Mail/Mailing Address.

(1) Incoming mail is delivered to the Academy on a daily basis, except Sundays and holidays. Correspondents address cadet mail as follows:

Cadet (cadet's full name)  
C.T.C. (e.g., CTC II-01 [class/year])  
California Highway Patrol Academy  
3500 Reed Avenue  
West Sacramento, CA 95605-1699

i. Housing. Cadets are assigned to a dormitory quad. Eight cadets will be assigned to each quad, sharing common restroom and showers. Cadets will share a room with another cadet from the same class. Cadets are responsible for maintaining its appearance.

j. Emergencies. Cadets may receive emergency telephone calls once an emergency is verified. Cadets should tell their family/friends that they cannot receive any other phone calls during the 26 weeks of training.

k. Personal Affairs. Personal and family conflict (marriage problems, homesickness, etc.) is the main cause for early separation from cadet training. Cadets should have their personal affairs in order prior to reporting to the Academy. Cadets should be prepared to be separated from their families for several months.

3. ACADEMY TRAINING. Cadets will be required to meet the standards set forth by the Commission of Peace Officer Standards and Training (POST) for cadet training ranging from academics and physical training to enforcement tactics, weapons training and vehicle operations. The following descriptions will give a brief overview of the type of training and what you should expect in each phase.

a. Academics.

(1) Cadets are responsible for 42 "learning domains" (LDs) mandated by POST, in addition to agency specific policies and procedures. Cadets will receive over 1,000 hours of training. Cadets are required to take a remedial exam in addition to serving a weekend restriction if an LD is failed. Failure of the remedial examination will result in termination from cadet training.

(2) Cadets are certified as an Emergency Medical Responder (EMR) during Academy training.

(3) Cadets are also required to complete and pass an Accident Investigation course, Spanish Language training and Criminal Law courses.

b. Physical Training. Cadets are expected to pass a variety of Physical Fitness Tests and the Physical Performance Program Test. To prepare, cadets should be involved in some form of strength training program (a circuit weight training program is advisable). In addition, prior to reporting to the Academy, cadets should develop an endurance to:

(1) run at least three miles, three times a week, at a 9-minute-per-mile pace,

(2) perform 50 to 75 sit-ups (unassisted),

(3) perform 50 push-ups and,

(4) perform four pull-ups.

This will ensure each cadet meet the minimum incoming acceptable level.

c. Enforcement Tactics. During this 66-hour course, cadets will learn the basics for and be tested on general knowledge of Use of Force, Patrol Techniques, Vehicle Pullovers, and Crimes in Progress, as well as, the ability to apply that knowledge during both day and night scenario testing.

d. Weapons Training. This program prepares the cadet to meet the challenge of "real world" encounters.

(1) Each cadet will be instructed in the safe handling and effective use of the Department's general duty weapons; Smith & Wesson model 4006, semi-automatic pistol, and Remington model 870 shotgun, both in daylight and night conditions.

(2) Each cadet will also complete a firing course to familiarize him/herself with tactical rifles.

(3) Each cadet will be trained in the proper use of Oleoresin Capsicum (OC), "pepper spray", operations in a chemical environment (CS gas), and basic recognition and handling of confiscated and clandestine weapons.

e. Emergency Vehicle Operations Course (EVOC).

(1) Cadets will be trained in enforcement driving at the Emergency Vehicle Operations course. Cadets will receive a minimum of 20 hours lecture on vehicle dynamics, performance driving techniques, and departmental policy. Cadets will also receive a minimum of 16 hours of hands-on driver training. Training includes:

- (a) vehicle placement
- (b) skid control techniques
- (c) performance driving
- (d) defensive driving
- (e) Code-3 pursuit driving

(2) Each cadet will be required to meet minimum performance objectives during hands-on training as well as successfully completing a written examination.

f. Customs and Courtesies. Cadets are to become familiar with customs and courtesies such as how to address staff members or any persons on Academy grounds by using "Sir" or Ma'am," "Yes, Sir," or "Yes, Ma'am," and assuming the position of attention and remaining in that position until told otherwise.